

MAPP MOBILIZING FOR ACTION THROUGH PLANNING & PARTNERSHIPS

McHenry County Board of Health
September 26, 2016



OVERVIEW



MAPP was first initiated in 2007 to implement results of 2006 McHenry County Healthy Community Study.

Currently:

- ▶ 39 members
- ▶ 21 organizations (social services, government, nonprofits, healthcare, law enforcement, municipality, education)

MEMBERSHIP

- ▶ Advocate Good Shepherd
- ▶ Advocate Sherman Hospital
- ▶ Centegra Health System
- ▶ Community Health Partnership
- ▶ Family Alliance
- ▶ McHenry County College
- ▶ McHenry County Department of Health
- ▶ McHenry County Div. of Transportation
- ▶ McHenry County Planning & Development
- ▶ McHenry County Sheriff's Office
- ▶ McHenry County Mental Health Board
- ▶ Medical Reserve Corps
- ▶ Northern Illinois Food Bank
- ▶ Regional Office of Education
- ▶ Sage YMCA
- ▶ Senior Care Volunteer Network
- ▶ Senior Services Associates Inc.
- ▶ Sun City Community Association
- ▶ Walden Oaks
- ▶ United Way of Greater McHenry County
- ▶ University of Illinois Extension



WORKGROUPS



Cardiovascular

2-1-1

Obesity/Nutrition

Senior Wellness

Youth Substance Abuse

CARDIOVASCULAR

Objectives:

By 2020, reduce the proportion of McHenry County adults with high blood pressure by 16% or less (Healthy People 2020).

By the year 2020, increase the proportion of McHenry County adults who are at a healthy weight by 60% or more (Healthy People 2020). Baseline: 37.2% 2014 IBRFSS.

Short Term Goals:

By January 2017, complete 1,000 Heart Age Screenings – **YTD completed 500**

By January 2017, recruit 5 consistent volunteers to assist with Heart Age screenings – **YTD 3 volunteers have been assisting**

By January 2017, partner with Centegra/Advocate to conduct 400 glucose screenings – **172 YTD**

By January 2017, develop a tool to reach the 18 – 29 age group with cardiovascular prevention education – **in progress**

INFORMATION & REFERRAL 2-1-1

GOAL:

Promote availability and benefit of free, confidential, 24/7 information and referral service

- Includes emergency shelter, food pantries, day care, elder care, rent or utility assistance, mental health services, counseling, employment services, health resources, educational/vocational training, disability resources, drug and alcohol rehabilitation, domestic abuse, disaster recover and **MORE**

ACCOMPLISHMENTS:

- Expanded outreach to all schools and preschools in McHenry County – 186 total
- Presentations to key community groups
- Distribute cards, magnets, bumper stickers, press kits, flyers



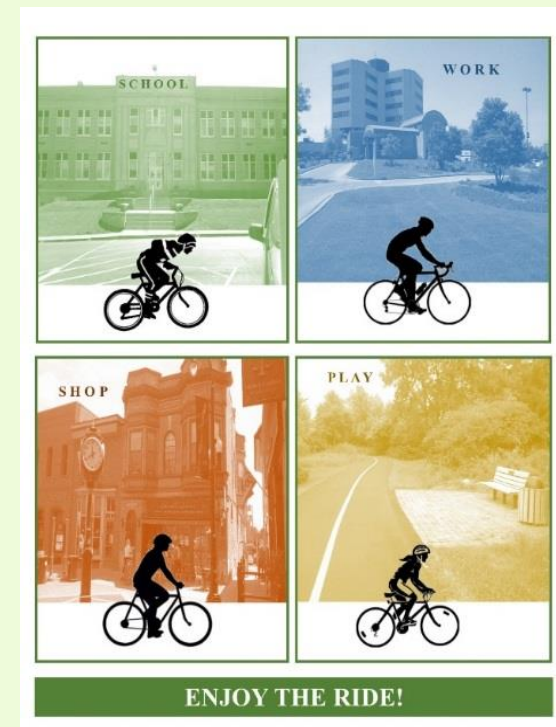
OBESITY/NUTRITION

GOALS:

- Social media campaigns to increase population health
- Expand health education and gardening programs for food pantries (Client-Centered Model)
- Promotion of Medical Nutrition Therapy for those with a BMI > 30
- Collaboration with McHenry County Department of Planning and Development and McHenry County Division of Transportation

ACCOMPLISHMENTS:

- 3 media campaigns were conducted – National Nutrition Month, Bike to Work Week, Worksite Wellness
- 10 families at Nunda, 3 other community gardens in progress
- Diabetes program in food pantries – collaboration with Northern Illinois Food Bank
- Workshop was completed with Planning, Transportation and Health – another workshop is planned for November



SENIOR WELLNESS

Spring 2016



60+ Getting Better!
Your MAPP to a Healthier Life

Variety is the Spice of Life
The benefits of cooking with herbs and spices go far beyond adding color and flavor to meals. They also have the added benefit of providing antioxidants.

Check with your physician for recommended amounts and possible drug interaction.



- CINNAMON - Can lower blood sugar, triglycerides, LDL and total cholesterol.
- TURMERIC - Contains curcumin, which can inhibit the growth of cancer cells.
- ROSEMARY - Proven to help inflammation.
- OREGANO - Packed with antioxidants and helps to loosen mucus and calms indigestion.
- BLACK PEPPER - Reduced inflammation and excess gas, helps control heart rate and blood pressure.
- CUMIN - Antioxidant inflammatory, help improve eye sight and lowers blood pressure.
- GINGER - Can decrease motion sickness and nausea. May also relieve pain and swelling associated with arthritis.

Check out this website for tips on healthy eating.



Choose **MyPlate.gov**

PREVENTING DEHYDRATION . . . Why It's Important!
Water helps with bodily function by protecting our joints, transporting oxygen to cells, maintaining organ function, and maintaining body temperature.

SIGNS OF DEHYDRATION:

- Confusion
- Difficulty walking
- Dizziness or headaches
- Dry mouth
- Sunken eyes
- Rapid heart rate
- Low blood pressure
- Constipation
- Mental status changes
- Easier to draw blood

Ask your doctor for recommended requirements.

AVOIDING DEHYDRATION:
Drinking water is the obvious way to keep hydrated. Increase your water intake through the foods you eat!

Apples	84% water
Asparagus	91% water
Bell Pepper	92% water
Broccoli	91% water
Cucumbers	96% water
Strawberries	92% water
Tomatoes	94% water
Watermelon	92% water



With hundreds of non-profit and social agencies within McHenry County...one phone call can help you find the information you need.



It's FREE.

Information includes:

- In Home Meal Delivery
- Community Garden
- Meals on Wheels
- Food Pantries
- SNAP/Food Stamps

And much, much more!











Overall Objective:

To increase the overall senior wellness in McHenry County with advocacy and education through an integrated healthcare approach.

Goals:

- Reach 4000 McHenry County seniors with education through a quarterly Senior Wellness newsletter
- Implement at least one raised garden (wheelchair accessible) in a senior housing facility

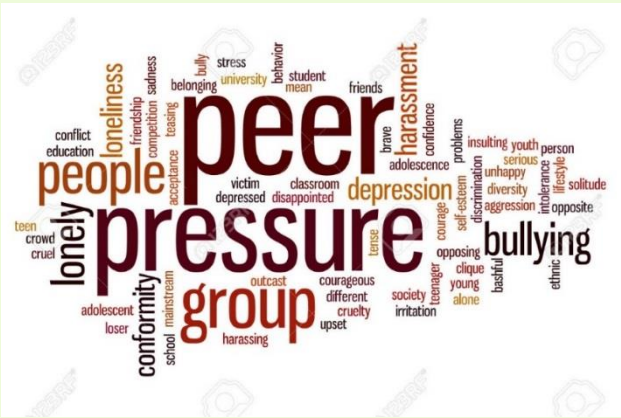
Accomplishments:

- 3 newsletters were developed and distributed to over 5,000 seniors
- Walden Oaks is in process of completing their raised garden beds for their senior community



YOUTH SUBSTANCE ABUSE

Facilitated by: Laura Crain, McHenry County
Regional Office of Education and the
McHenry County Substance Abuse Coalition



Focus:

Prescription medications

- Educational information provided to athletic departments on alternative pain treatment options
- Educational programs at Del Webb, Cary Night Out on Crime and LITH Night Out on Crime

Marijuana – developing an education plan that will highlight the health risks associated with marijuana

Alcohol – the coalition will be redefining our actions with underage drinking this fall

Heroin

- Not a primary focus of the grant for youth it is a major part of the coalition's work
- Collaborated with Centegra Health System and the Mental Health Board to create a sustainable narkan/naloxone program for all police departments in McHenry County

The Hidden In Plain Sight Teen Room

- Has been used by 6 different school districts, 3 community events and 1 conference
- Expanded to include a medicine cabinet display to heighten the awareness of prescription and OTC medication concerns



2016 HEALTHY COMMUNITY STUDY

Components of the Study:

- **Household Survey** – 1,083 participants
- **Focus Groups**
 - **Community Leaders** – 3 groups
 - **Target Populations** – Veterans, Low-income mothers, Latino Adults, Substance Abuse/Mental Health
- **Community Analysis**

Community Presentation of the results will be in conducted in January 2017



Questions?

